

inside

Chigwell and Buckhurst Hill

May & June 2026

competition



inside this issue:

tv stars:
Jenny Agutter

baking:
Baked nectarines

Local Community Events and What's On
& all your usual favourites!

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inside Chigwell and Buckhurst Hill



Welcome to the **May/June** edition of Inside Magazine, the local magazine for Chigwell and Buckhurst Hill.

This time of year is a favourite for home improvements and whether it's a coat of paint or a major makeover, you

can bet that the latest looks and colours will influence your choices.

Fashion is just as prevalent in the home as it is on the catwalk. Remember when carpet in the bathroom – and sometimes even carpet in the kitchen - was popular? And tiles were put up vertically not horizontally as all are now.

I'm sure I'm not alone when I say that hours of trawling the internet to spot the latest trends and to narrow down personal preferences can leave you overwhelmed with the choices. The final decision becomes so hard that you give up and live another year with tatty, dated rooms and furnishings.

A couple of years ago I was in exactly that position. I needed to renovate the bathroom and couldn't seem to make a decision. Eventually, the thing that got the ball rolling was to visit a small local bathroom retailer. Although the company did have a showroom, it was talking through my plans with the business manager that really helped me.

The point here is that the big stores do have their place, but you just can't beat speaking directly to a local company to turn your plans from ideas to reality. And it's a chance to chat to a real live person - and it made me appreciate the value of face-to-face communication.

Tania Houston

NB. Copy deadline date for our next issue (July/August) is June 12th.

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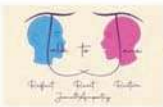
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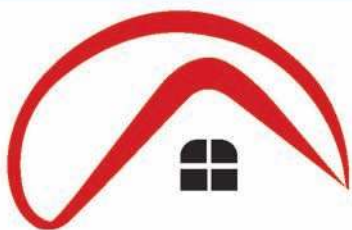
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Knowing the score

When you want to borrow, it's good to understand what counts in your favour – and what might go against you.

Credit reports and credit scores play an important role in borrowing money, but they're often misunderstood. A credit report is a set of facts about you, usually combining publicly available details and your financial history. A credit score is simply a number produced by running those facts through an algorithm.

Potential lenders often use credit reports and scores in three ways: to decide whether to offer a loan or credit facility at all, how much to lend, and what interest rate to charge. They will usually look at your full credit history rather than just rely on the number.

Numbers game

Most lenders use credit scores produced by one of three main credit reference agencies. Each has its own algorithm and score range, so the scores are not directly comparable. Experian scores go from 0 to 1250 (with 861 or above classed as "good"), Equifax from 0-1000 (531 for good) and Transunion from 0-710 (604 for good).

However, credit reference agencies use broadly similar principles when they weight different factors. The biggest negative impacts usually come from court rulings and other formal financial events, such as bankruptcy, a county court judgement, an individual voluntary arrangement or a home being repossessed.

A lot depends on your pattern of making or missing scheduled repayments on existing credit and loans. Your score will also take a hit if you withdraw cash on a credit card or take out a payday loan, as lenders see this as a sign of financial difficulty. The average age of your financial accounts contributes to the score, as does the percentage of the total available credit you're using.

What counts?

Other lesser factors are how long you've been on the electoral roll at your current address and how many "hard searches" lenders have made on your credit history. A hard search only happens when you've actually applied for a loan or credit. "Soft searches" are when you're simply asking for a quote, comparing prices, or checking your own report, and don't affect your score.

You have the right to access your report with each credit reference agency without a fee. If you spot an error, you can ask the agency to correct it. They have 28 days to investigate. If they refuse, you can add a short "notice of correction" to the report to explain your view.

Boost your score

If your score is low because you've never borrowed before, it can be worth applying for a credit card with a low credit limit. Using it and paying the balance in full every month via direct debit can build up a record of regular payments and raise your score. Be wary of supposed specialist cards promoted under names such as "credit builder", as these often carry high interest rates and fees.



Super serums: your questions answered

By Kate Duggan



Q. Why do I need a serum? Surely a moisturiser is enough.

A. While we'd all love a multi-tasking moisturiser that ticked every single one of our skincare boxes, that holy grail is very difficult to find. (Believe me, I've been searching for it for years.) Serums are lighter than moisturisers, so they absorb deeper into your skin. They also tend to have a higher concentration of active ingredients, which means they're ideal for targeting specific goals, whether that's calmer skin, increased brightness or reduced lines. In short, if you're over 25, your skin will probably benefit from a serum.

Q. Where does a serum sit in a skincare routine?

A. In most cases, you apply the serum first, straight after cleansing. Wait at least 60 seconds before following with your moisturiser to boost hydration and lock in the serum's active ingredients. Give your moisturiser time to sink in and then apply your sunscreen (SPF).

Q. Can you use more than one serum?

A. If you have the time and money, then absolutely! However, you do need to check that the ingredients work together and complement your moisturiser. For example, it's not a good idea to use retinol and vitamin A together, or an AHA (alpha hydroxy acid) at the same time as vitamin C, as either combination can irritate your skin. (Top tip: ChatGPT is a really useful resource for checking whether products work well together.)

A word of caution: we recommend only adding one new product to your skincare routine at a time. That way, you can give your skin time to adapt, which reduces the risk of irritation.

Q. What are some of the best serums to try?

A. It really depends on your skin goals, but the following are among my personal favourites:

Liz Earle's new **Superskin™ Advanced Lift & Define Serum** (£52) includes acacia tree extract, pomegranate extract, linseed oil, rosehip oil and niacinamide. Together, they work to firm skin, lock in moisture, minimise fine lines and reduce pigmentation. The serum is gentle and lightweight, so it's suitable for sensitive skin and won't block your pores. I've been using it for a month and my skin absolutely loves it.

If your key goal is hydrated, calmer skin, try **Beauty Pie's Japanfusion Genius Lift Elixir** (£16 for members). Add a few drops to your moisturiser or just use it alone.

Looking for a multi-tasking serum? **Ilia's Super Serum Skin Tint SPF 30** (£42) uses niacinamide, hyaluronic acid and squalane to reduce redness, fine lines and dryness and to bring back a youthful glow. It includes SPF, which is always a bonus. And with a whopping 30 shades to choose from, you can get the perfect shade for that "your-skin-but-better" effect.



Ready to ramble

What better way is there of exploring the great outdoors, connecting with nature and clearing your mind than going on a leisurely walk?



Slower and less intense than hiking, rambling is more about the journey than the speed. It is not about steps counted, calories burned or records broken. A ramble begins when you leave behind the idea that walking must achieve something and instead allow it to just “be” something.

Unlike a hike, a ramble welcomes distraction. You might stop to watch sheep negotiate a gate with unexpected intelligence or linger beside a stream when the water’s doing something interesting with the light. The route can change on a whim: “That path looks promising” is reason enough. Getting a little lost is not a failure but part of the pleasure.

Historically, rambling has always been more than a pastime. In Britain, especially, it carries a quiet defiance. The right to roam was not freely given; it was demanded by people who believed the countryside should not be reserved for the privileged few. To ramble, then, is to participate – gently, almost unknowingly – in a tradition that values access, freedom, and shared land. Every footpath walked is a reminder that the landscape is not just something to admire from a distance but something to move through and belong to.

Sociable stroll

Walking in the open air can be an extremely sociable activity and can improve our sense

of community too. Group walks can also be an effective way to improve our fitness while strengthening bonds with family and friends.

You can set up a social walk yourself by planning to meet with friends and finding a route that suits you all. Alternatively, you can join one of the many walking groups in the UK. They cater for people who lack the knowledge and confidence to plan walks that tick all the boxes.

There are more than 500 Ramblers groups across Britain – and there’s probably one (or more) near you – hosting 50,000 Ramblers group walks every year, all guided by a walk leader. To find out more, visit www.ramblers.org.uk.

Health and well-being

Walking is free, easy to do and has a host of benefits – and many of these are just as important for our mental health as for our physical health. It can boost your mood, alleviate stress, clear your mind and help you feel more relaxed.

A good ramble ends not with triumph but with contentment: tired legs, a clearer head, and the subtle sense that something has been put back into balance. You return home muddier, maybe, but lighter too. And often, before the boots are even dry, you find yourself wondering where the next path might lead.

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Solution on page 26

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	3	9	6					
							8	
	6		1					7
				7				
3					6		5	
	4							
					2	3	9	
5			7	9				1



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Tech talk

SUM OF ITS PARTS

Why are PC components so pricey?

AI firms' demand for memory chips, graphics cards and storage is sending the cost of all of those things into orbit. The price of hard disks is at a two-year high, and Western Digital – one of the leading manufacturers of hard disks and SSD drives – said in February that it had already sold almost its entire annual production of hard disks for 2026, largely due to the demand from AI companies. There's no sign of the boom ending any time soon, so it might be wise to look at cloud-based storage such as iCloud or Google Drive if you need more space on your PC.



BYE-BYE BUYING?

A new era of renting gaming equipment could be on the horizon.

Tech firms are bringing back something that's older than the PC: renting your home entertainment equipment instead of buying it with cash or credit. HP is offering its new Omen Max gaming laptops for rental in the US and is expected to do the same here. Meanwhile, in the UK, Sony's Flex programme enables you to get a PlayStation 5 for £9.95 per month. Is that a good deal? That depends: over 36 months, Flex costs less than buying the console (£358 as against £449) but you need to keep paying if you want to keep playing, because the console is never yours.

POWERING AHEAD

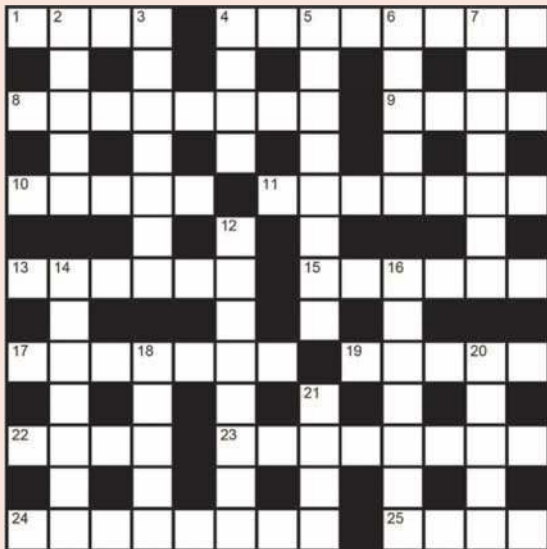
China is the place to look for innovations in the electric vehicle field.

China's electric vehicle industry is doing amazing things with technology, and the 2026 Changan Nevo A06 launching this year will be the first electric car with a new kind of battery – sodium-ion. Compared to the lithium-ion batteries used in current electric vehicles, the new batteries are reportedly safer, much cheaper to make and able to work in much colder conditions. The Changan Nevo A06 might not reach the UK but you can expect to see the tech in other Chinese brands' cars in the next few years.



CROSSWORD

Solution on page 26



Across

1. Health resorts (4)
4. Glass cylinder closed at one end (4,4)
8. Buildings used to house military personnel (8)
9. European capital city once called Christiania (4)
10. Conduit for carrying off waste products (5)
11. Most direct route (7)
13. Official language of Hungary (6)
15. Part of a shoe that covers the arch of the foot (6)
17. Place out of sight (7)
19. Italian poet famous for writing the Divine Comedy (5)
22. Small bunch of flowers (4)
23. Scientifically detached, unemotional (8)
24. Military wake-up call (8)
25. Hair on an animal's neck (4)

Down

2. Rigid layer of the Earth's crust (5)
3. Doctor's consulting room (7)
4. Tortilla rolled around a filling (4)
5. Affecting the body as a whole (8)
6. Supernatural creature that lives in the mountains (5)
7. Difference between the credit and debit totals of an account (7)
12. Diplomatic etiquette (8)
14. Inflammable liquid widely used as an organic solvent (7)
16. Large structure for open-air sport (7)
18. Be similar in sound, especially with respect to the last syllable (5)
20. Procession of camels travelling in single file (5)
21. Toy flown in the wind (4)

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We have no hesitation in recommending The Inside Magazine to other businesses. Should you require any further information, please do not hesitate to contact us.

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JOKES

I left my job at Starbucks because of all the name-calling.

I was in the back of a taxi and tapped my driver on the shoulder. Instantly, he screamed and swerved and nearly hit a tree.

"A bit jumpy?" I asked.

"Sorry," he replied. "It's my first day. I've been driving a hearse for 20 years."

A friend's career as a street fighter didn't last long. He broke his hand punching a kerb.

Did you hear about the first restaurant to open on the moon? It had great food but no atmosphere.

My dad told me his password is:
MickeyMinnieGoofyDonaldPlutoHueyLouieDeweyDublin.

He said it was because it had to contain eight characters and at least one capital.



Timeless talent

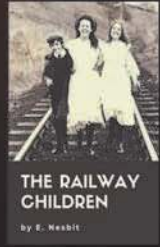
Jenny Agutter is one of Britain's most versatile actresses, with a career spanning more than six decades.

Born in Taunton, Somerset, the daughter of a British army officer, Jenny Agutter lived in many different countries as a child. The first place she remembers is Singapore. The family also moved to Cyprus. She recalled, "I loved it. We were a small family and spent idyllic holidays in the Troodos mountains or sailing in our homemade boat."

She adored ballet, and her parents sent her to Elmhurst Ballet School. But she realised she lacked the dedication to become a dancer. "When I was 16, I took a lead role in three films, instead of getting on with exams, and left school with no qualifications," she said. "So, I just had to continue with the profession I enjoyed and had fallen into."

Early days

In fact, Jenny Agutter had made her acting debut aged 11, when she appeared in "East of Sudan" alongside Anthony Quayle and Sylvia Syms. Her first major break came in 1970 as Roberta (Bobbie) in "The Railway Children".



In 1972, she won an Emmy for Outstanding Supporting Actress for her role as Fritha in the BBC TV film of "The Snow Goose". She subsequently won a BAFTA for "Equus" in 1978.

Jenny turned to the stage to broaden her experience. Aged 21, she joined the National Theatre to play Miranda in Sir Peter Hall's production of "The Tempest" with Sir John Gielgud, before heading across the pond.

International star

Starring in "Logan's Run" in 1976 introduced her to Hollywood stardom. However, Jenny never fully abandoned British film and television, starring in films such as "An American Werewolf in London" and "The Parole Officer". Her small-screen work has included hit espionage drama "Spooks" and, of course, the BBC's award-winning "Call the Midwife".

She has been with the show since it began in 2012, playing Sister Julienne, the sister-in-charge at Nonnatus House. This fictional east London convent was inspired by the real-life St Frideswide's Mission House in Poplar.

Jenny's husband Johan Tham, a Swedish hotelier, died in 2025 aged 81. They had been married since 1990 and had one son, Jonathan. Awarded an OBE in the 2012 Birthday Honours for her charitable services, Jenny gives her time to several organisations, including Cystic Fibrosis Trust and St Giles Trust.

Constant presence

Jenny has aged on screen with grace, embracing parts that reflect maturity, wisdom and moral complexity.

"I am lucky to have had some good roles in television and classic films, but I don't attach myself to their success. When a job is finished, an actor is always looking for the next role to play."

All episodes of series 15 of "Call the Midwife" are available on BBC One and BBC iPlayer.

Baked nectarines stuffed with coconut and white chocolate

Sweet, succulent and juicy South African nectarines take the starring role in this effortless yet impressive-looking dessert.

Serves 6

Preparation time 20-25 minutes

Cooking time 25 minutes

Ingredients

- 6 South African nectarines
- 50g white chocolate, finely chopped
- 50g amaretti biscuits, chopped finely
- 25g shredded coconut, or desiccated coconut
- 30g unsalted butter, softened
- 1 egg yolk, lightly beaten
- To serve, thick cream or crème fraîche

Method

1. Preheat the oven to 180°C, fan 160°C, gas mark 4.
2. Cut the nectarines in half and remove the stones. Using a small, sharp knife, cut away the centres to make a shallow cavity approximately 3cm across, then finely chop the cut-away centres and reserve.
3. Combine the chopped white chocolate, amaretti biscuits, coconut and reserved nectarine flesh in a bowl, then stir in the softened butter and egg yolk and combine well.
4. Place the nectarines, cut side up, in a roasting pan and divide the coconut mixture among the cavities, mounding it slightly.
5. Bake in the preheated oven for 25 minutes or until the nectarines are soft and the filling is light golden.
6. Serve the stuffed nectarines, hot or warm, with a dollop of thick cream or crème fraîche.

Recipe devised by chef Reuben Riffel using South African stone fruit. Photography & styling @ Costas Millas (@madebymmillas). For more sweet and savoury recipe inspiration, visit www.southafricanfruit.co.uk.

Double check

When should you repair faulty double glazing, and when should you replace it?

Double glazing should last between 15 and 20 years, though much depends on the conditions it's exposed to. Sunshine, changing temperatures inside and out, building movement and harsh weather can take their toll.

Here are the key problems you can face as windows age and the best ways of tackling them:

Condensation between panes

Not only does misting or obvious damp between the layers of glass look unsightly, but "blown" double glazing is a sign that the seals have failed and moisture is getting in.

The fix: In most cases, you don't need to replace the whole window frame, just the sealed glass unit. There are companies that specialise in replacing the panes and this restores insulation and clears the fogging. The will be more cost effective and less disruptive than replacing the entire window.

Draughts

This is another symptom of a failed seal. Your home will be harder to heat, and it will feel colder.

The fix: Professional resealing might be all that's needed.

Damaged windows

Chips or cracks can occur as a result of temperature changes – especially heat – or structural movement.

The fix: While a repair using clear resin will improve the look of your window, damage of this kind means a replacement glazed unit is the best option, both for safety and better insulation.



More noise

The insulation provided by double glazing keeps noise out and warmth in. Increased levels of noise from outside are a sign that your windows are nearing the end of their useful life.

The fix: Replacement is required.

Higher energy bills

If your central heating is struggling to keep your home warm and your bills have been increasing over time, this could indicate the energy efficiency of your double glazing is not what it was.

The fix: It could well be time to replace your windows before winter.

Damaged frames or hardware

Window frames can swell, making the window hard to open or close. This problem can also be caused by faulty hardware, such as handles, locks or hinges, or even a build-up of dirt. Meanwhile, wooden windows can rot and UPVC ones discolour.

The fix: Hardware can be replaced, while keeping frames clear of dirt may help windows open and close better. Yellowed frames can be improved with a baking soda paste. Leave it for around 15 minutes, then rinse and dry. Commercial uPVC cleaners may also be effective. If not, or if you have rotten wooden frames, they will need replacing.

Repair is cheaper than replacement, whatever the issue with your windows. However, modern double glazing offers better thermal performance and is likely to last longer than the glass you have now.

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China uncovered

China is a land of contrasts, where skyscrapers and high-speed trains nudge shoulders with imperial palaces and archaeological wonders. Whether you're looking to lose yourself amid the bright lights of Beijing or walk in the footsteps of merchants along the ancient Silk Road, here's a breakdown of China's unmissable sights.

Explore a section of the Great Wall

Weaving haphazardly across mountains, valleys and deserts for over 13,000 miles, the Great Wall was built to protect China from invasion and to guard its Silk Road trade, with sections dating back 2,000 years.

Extending from the Gobi Desert in the west to the Bohai Sea in the east, the wall passes through 15 Chinese provinces. Badaling, just outside Beijing, is one of its most famous segments but, for fewer crowds and equally scenic views, travel a little further to the Mutianyu or Jinshanling sections.

Be dazzled by Beijing

If you only have time to visit one of China's captivating cities, let it be Beijing. The city's top sights include the crown jewel of China's imperial palaces, the Forbidden City – the seat of Ming and Qing dynasty emperors for over 500 years. The lakes, pavilions, palaces and bridges that make up the Summer Palace are also worth exploring.

Sample Beijing's street food and wander the hùtongs, narrow residential lanes that offer an insight into how the locals once lived.

Marvel at Xi'an and its Terracotta Army

The eastern starting point of the Silk Road, Xi'an is most famous for housing one of the world's most spectacular archaeological marvels: the Army of Terracotta Warriors.



Commissioned by China's first emperor, this staggering collection of life-size ceramic soldiers, chariots and horses was created to protect him in the afterlife. While there are roughly 8,000, many remain underground, with excavations continuing to discover new figures.

Meet giant pandas

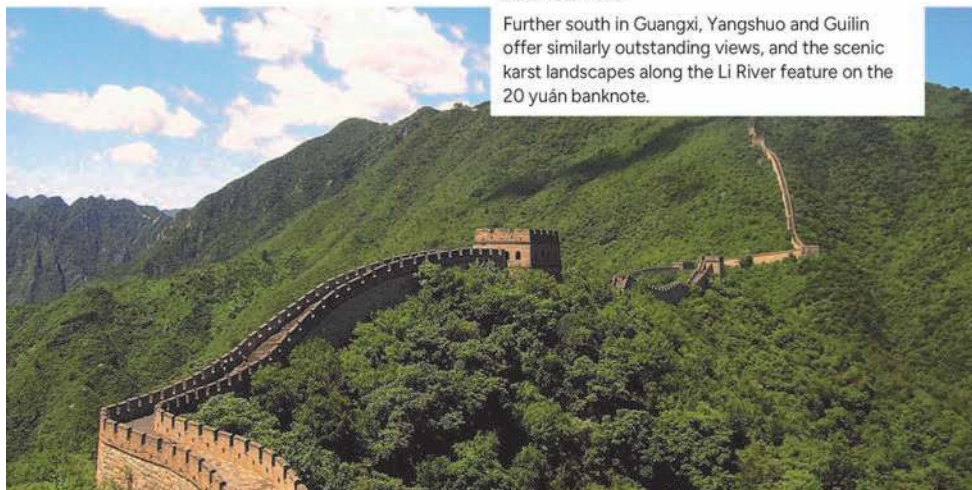
The only wild populations of China's rare giant panda live within its Sichuan, Shaanxi and Gansu provinces.

In Sichuan, the Chengdu Research Base of Giant Panda Breeding is the best place to catch a glimpse of these endearing creatures, alongside the red panda. Conservation initiatives such as these have improved the giant panda's status from endangered to vulnerable.

Discover otherworldly landscapes

China's landscapes have inspired artists and poets for centuries. Some, such as Zhangjiajie National Park in China's Hunan province, need to be seen to be believed. Its towering sandstone spires inspired the scenery in the "Avatar" franchise. Heaven's Gate, a natural arch at Tianmen Mountain, can be reached via 999 steps or one of the world's longest cable-car rides.

Further south in Guangxi, Yangshuo and Guilin offer similarly outstanding views, and the scenic karst landscapes along the Li River feature on the 20 yuan banknote.





Toy story

By Katherine Sorrell

Design your own modular storage system, such as this unit that comes complete with cupboard, toy box and fabric panels. Children's bedroom storage, £1,015.50, Shelved. www.shelved.co.uk ↑

Clearing kids' clutter is a great deal easier when you have plenty of storage. We've chosen some pieces that are as good-looking as they are practical.



You can throw anything into this capacious basket; its neutral style will complement any room. Berber storage log basket, £37, BasketBasket. www.basketbasket.co.uk ←

A decorative piece in itself, this cute-as-can-be little basket could also be used for storing small bits and pieces. Rattan mushroom house, £19.95, Rex London. www.rexlondon.com →



Handmade from 100% organic jute, these baskets come in two sizes, suitable for storing smaller toys. Watermelon tulip basket, £26, The Braided Rug Company. www.braided-rug.co.uk ←



Keep it simple with a plain white chest that can store everything from dolls to board games, and that doubles as a seat. It has handles and soft-close hinges, too. Lola toy box, £39, Noa & Nani. www.noaandnani.co.uk ↑

Room to grow

By Katherine Sorrell

With thoughtful planning, you can design a child's bedroom to be practical and comfortable – while also full of personality and fun.

Plan the layout

Even the smallest bedroom benefits from simple zoning: a sleep area, room to play (or perhaps for a gaming chair) and a spot for crafts, reading or homework. Sketch a floor plan, including doors, windows, radiators and plug sockets. Measure carefully before buying furniture, and resist the temptation to overcrowd: younger children need open floor space. Tuck storage into alcoves beside a chimney breast or beneath a window.

A flexible design scheme

Opt for longevity with a timeless base of neutral walls, classic wooden or painted furniture and flooring. You can then layer in personality through bed linens and window treatments, artworks, rugs, cushions and accessories that are easy to update.

Furniture that lasts

If possible, invest in robust, relatively neutral furniture that will stand the test of time. Prioritise a good-quality bed and mattress paired with well-fitting blackout curtains, blinds or shutters. Rather than bulky children's armchairs, opt for floor cushions, beanbags or stools. A low table provides a surface for drawing, while older children may need a desk.



A safe sleeping space, play and storage are combined with blackout curtains and a moppable floor. Isla house bed, from £480, Cubby Beds. www.cubby.co.uk



A comfy chair and an enticing display of books make for an inviting reading corner. Printed Trends Kids' Snuggle Chair – Safari Friends, from £49.99; matching footstool, £10; both RU Comfy. www.rucomfybeanbags.co.uk

Clever storage solutions

Easily accessible storage – and lots of it – is essential. Low shelving, securely fixed to the wall, paired with boxes or baskets, allows toys and books to be easily reached and returned. For a cohesive look, keep storage within the same colour family as the rest of the room.

Practical, comfortable flooring

The ideal floor for a child's bedroom is soft, durable, non-slip and easy to clean. If you opt for carpet, think about covering strategic areas with a washable play rug – featuring a hopscotch or racetrack design, for example. Rugs are also great for softening wooden or laminate floors (use an anti-slip mat beneath). Vinyl, linoleum, cork and rubber are alternative choices.

An adaptable lighting scheme

Layer inset ceiling lights or high wall lights with a bedside lamp, and perhaps a desk light; for decoration, you could add string lights or a coloured smart lamp. Install dimmer switches for adaptable ambience.

Add fun and personality

Ideas for finishing touches include decorative wall stickers or an oversized mural, quirky cushions, pretty baskets, colourful bunting and interesting lampshades.

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QUIZ!

(answers on page 26)

Keys

1. In bingo, what number is referred to as "key of the door"?
2. Francis Scott Key is best remembered for writing a poem called Defence of Fort M'Henry that was later set to a tune to become which famous song?
3. An allen key is used to turn a screw or bolt that has a recess of what shape? a) triangle; b) pentagon; or c) hexagon?
4. Featuring a key on its front cover, what is the title of the third novel in E. L. James' Fifty Shades series?
5. Each labelled with the letter "F" and then a number, how many function keys are there on a standard PC keyboard?
6. In which well-known 1962 film does the title character own an island called Crab Key?
7. Singer Alicia Keys featured on the 2009 hit single Empire State of Mind by which rapper?
8. If there are 88 keys in total on a standard piano, how many of these are black?
9. In the lyrics of the song Brand New Key by Melanie, what does the singer have a "brand new pair of"?
10. Together with his daughter Lucy, which famous person wrote a series of children's books that started with 2007's George's Secret Key to the Universe?



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ELECTRIC AVENUE

With plug-in hybrids going further on electric power than ever before, which ones have the longest ranges?

Plug-in hybrids – or PHEVs – have been rising in popularity. They offer the ability to run on electric-only power for a portion of the time while having a combustion engine to fall back on when you need to go further afield. We're seeing more complex models that can travel on electric-only power for longer and longer. Which ones rank highest?

Chery Omoda 9: 93 miles

This Chinese newcomer offers the best possible electric-only range of up to 93 miles. It means you can take it on bigger trips without needing to call the 1.5-litre petrol engine into use too often. The huge 34.46kWh battery helps this large, comfortable SUV deliver good levels of efficiency overall.



Chery Tiggo 9: 91 miles

Like the Omoda 9, the Tiggo 9 gets a big battery to help it bring up to 91 miles of electric-only range. Meanwhile, a maximum charging speed of 71kW makes for a 30% to 80% top-up in 18 minutes.

BYD Seal 6 DM-i: 87 miles

At 87 miles, the Seal 6 DM-i from China-based BYD offers a respectable distance, while top-spec Comfort cars can be charged at speeds of up to 26kW for a 15% to 100% charge in 23 minutes.



Skoda Superb iV PHEV: 84 miles

The first non-Chinese entry in this ranking is Skoda's Superb PHEV, coming in with a decent electric-only range of up to 84 miles. The Superb's great refinement and large, spacious cabin – and boot – also make it an excellent long-distance model.

Volkswagen Passat eHybrid: 81 miles

It's not much of a surprise to see Volkswagen's Passat PHEV coming after the Superb – the two share a platform and many key technologies. Like the Superb, the Passat is a large, spacious and comfortable cruiser and, in PHEV form, one which can deliver up to 81 miles of electric-only range.



Mercedes GLC300e: 78 miles

The Mercedes GLC300e occupies a handy space between the smaller GLA and larger GLE models. It gets a 2.0-litre turbocharged petrol engine linked to a 31.2kWh battery, which can help it deliver up to 78 miles of electric-only range. Plus, it can charge at speeds of up to 60kW, meaning a full charge in just over 30 minutes.

Audi Q3 e-hybrid: 73 miles

Audi's new Q3 might be compact but in e-hybrid form, it's impressively electrified, offering up to 73 miles on a single charge. The latest Q3 is by far the most tech-packed to date, too.



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PUZZLE SOLUTIONS

Crossword page 14

Across:

1 Spas, 4 Test tube, 8 Barracks, 9 Oslo,
10 Sewer, 11 Beeline, 13 Magyar, 15
Instep, 17 Secrete, 19 Dante, 22 Posy, 23
Clinical, 24 Reveille, 25 Mane.

Down:

2 Plate, 3 Surgery, 4 Taco, 5 Systemic, 6
Troll, 7 Balance, 12 Protocol, 14
Acetone, 16 Stadium, 18 Rhyme, 20
Train, 21 Kite.

Sudoku
page 12

7	1	2	5	8	9	6	3	4
8	3	9	6	2	4	7	1	5
6	5	4	3	1	7	2	8	9
4	6	5	1	3	8	9	2	7
2	8	1	9	7	5	4	6	3
3	9	7	2	4	6	1	5	8
9	4	3	8	6	1	5	7	2
1	7	8	4	5	2	3	9	6
5	2	6	7	9	3	8	4	1

Quiz page 24

- | | |
|--|---------------------|
| 1) 21 | 5) 12 |
| 2) The Star-Spangled Banner (the national anthem of the United States) | 6) Dr. No |
| 3) c) hexagon | 7) Jay-Z |
| 4) Fifty Shades Feed | 8) 36 |
| | 9) Roller skates |
| | 10) Stephen Hawking |

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See website for full details:

<https://parishofchingford.org.uk/music>

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